



# Ontario Junior International



## MEET PROGRAM

### Day 1 – Friday, December 16, 2022

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
1	200 Freestyle	2	1	200 Freestyle	2
3	100 Breaststroke	4	3	100 Breaststroke	4
5	400 Individual Medley	6	5	400 Individual	6
7	100 Butterfly	8	7	Medley	8
9	50 Backstroke	10	9	100 Butterfly	10
11	1500 Freestyle (TF)	–	13	50 Backstroke	14
–	800 Freestyle (TF)	12		800 Freestyle Relay	

### Day 2 – Saturday, December 17, 2022

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
15	200 Butterfly	16	15	200 Butterfly	16
17	100 Backstroke	18	17	100 Backstroke	18
19	400 Freestyle	20	19	400 Freestyle	20
21	50 Freestyle	22	21	50 Freestyle	22
23	200 Breaststroke	24	23	200 Breaststroke	24
25	50 Butterfly	26	25	50 Butterfly	26
			27	400 Freestyle Relay	28

### Day 3 – Sunday, December 18, 2022

Preliminary Sessions Warm-up: 730 Start: 9:00			Final Session Warm-up: 1630 Start: 1800		
Women		Men	Women		Men
29	200 Individual Medley	30	37	800 Freestyle (FH)	–
31	100 Freestyle	32	–	1500 Freestyle (FH)	38
33	200 Backstroke	34	29	200 Individual Medley	30
35	50 Breaststroke	36	31	100 Freestyle	32
37	800 Frees (TF - SH)	–	33	200 Backstroke	34
–	1500 Free (TF - SH)	38	35	50 Breaststroke	36
			39	400 Medley Relay	40

### TIME STANDARDS

All sessions will be run in a single 25m x 10 lane (3m deep) tank.

Warm-up/cool down facilities will be available.

#### PRELIMINARIES:

- All prelims will run 10 lane heats with the fastest three heats circle seeded except for 400m events which will be 2 heats circle seeded.
- The 800 and 1500 Freestyle will be run as Time Final events.

#### FINALS:

- All "A" finals will be run top ten (10), All "B" finals will run top ten (10)
- There will be an "A" & "B" final for all 200m and below events. There will be an "A" final for all 400m events
- The finals sessions will run using the following format: "B" Final, "A" Final, "B" Final, Medal Ceremony, "A" Final, etc.